CANWEST STOCK WORTHLESS: ANALYST, PG10

Celebrity pg 18

Bans on gay marriage 'form of apartheid': Theron

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Race on for provincial election

POLITICS Campaigning for the recession election starts today in B.C.

NDP Leader Carole James kicked off her local campaign in Victoria by using recent job losses to attack Premier Gordon Campbell.

"We've lost 70,000 jobs since Campbell announced his economic plan last fall," James said yesterday. "This election is about who voters can trust to help average families through tough economic times."

She also criticized the Liberals for introducing the first carbon tax in North America.

But that same tax has earned B.C.'s pro-development party some unlikely supporters.

Three environmental groups, including the David Suzuki Foundation, have announced their support of the B.C. Liberal Party while calling the NDP plan to shift the burden of the carbon tax to industry a step backwards. METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER

Campbell James

Twitter chase

- As of yesterday afternoon, NDP Leader Carole James had 756 Twitter followers, versus 2,029 for Premier Gordon Campbell.

JEFF HODSON/METRO VANCOUVER

Kingsley Bailey displays first-round playoff tickets to see the Vancouver Canucks take on the St. Louis Blues at Vancouver Ticket and Tour Service yesterday. The series opens at GM Place tomorrow night with Game 2 set for Friday.

Playoff tickets a hot item in Canuck land

St. Louis mascot camping out on stadium roof to boost sales

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While demand for NHL playoff ticket sales are through the roof in Vancouver, the same can't be said for St. Louis where the mascot has been sent to the roof to attract attention.

Kingsley Bailey of Vancouver Ticket and Tour Service resells season tickets to Canucks games.

"There's never enough tickets especially for the playoffs in this city," Bailey said. "We are just trying to secure and source out as many tickets as we can."

In St. Louis, the Blues' bear mascot, Louie, is camping out on the roof of the Scottrade Center until the first home game is sold out. Even with tickets starting at $20 US, and $11 US for season-ticket holders, seats are still available in the Missouri city. Top seats go for $237 US.

In Vancouver, however, box office prices ranged from $102.50 to $401.50 and were virtually sold out within minutes. Additional tickets were added yesterday afternoon.

> **"There's never enough tickets especially for the playoffs in this city."**
> Kingsley Bailey

In the resale market, Bailey said prices are climbing, with tickets for Game 1 already going for $175 to $500.

"Easily we'll go up more than that because I anticipate a huge and strong demand."

Part of the reason for the excitement, Bailey said, is the strong manner in which the team entered the post season.

"They've made the playoffs in the past and first rounds have been absolutely atrocious," he said.

"(This year) they made the playoffs, winning the division."

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Gibson's wife files to end 28-yr marriage

CELEBRITY The wife of actor Mel Gibson filed for divorce yesterday after 28 years of marriage, citing irreconcilable differences.

Mel Gibson

In divorce papers filed in Los Angeles Superior Court, Robyn Gibson asked for her 1980 marriage to the Lethal Weapon actor to be ended.

The couple, who have seven children, asked for privacy in a joint statement.

It was not clear how long the Gibsons have been separated but a report on the website for celebrity television show Entertainment Tonight said they had been living apart for almost three years.

Gibson, 53, has adopted a lower public profile since his controversial 2004 hit movie The Passion Of The Christ and his 2006 drunk driving arrest in Malibu when he launched into an alcohol-fuelled tirade against Jews. REUTERS

World pg 8
Standoff in Thailand

Health pg 13

Importance of oral health

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Vancouver hosts titanic turban tilt
The largest turban competition in North America was held in Surrey yesterday. The seventh annual event is aimed at educating communities about the significance of the turban and encouraging Sikh youth to reconnect to their culture. Events included seminars on how to tie turbans. **NEWS1130.COM**

Local

Text contest to draw fast fingers

Some of the Lower Mainland's fastest fingers — and the people attached to them — are invited to the Richmond Centre on Thursday to vie for the title of the country's fastest texter. The fastest texters will head to Toronto in June to compete against the defending champion for the $25,000 grand prize.

METRO VANCOUVER

Furlong offers family of slain woman spot in torch relay

VANCOUVER 2010 Games

RELAY One member of Wendy Ladner-Beaudry's family has been offered the chance to run in the 2010 Olympic Torch Relay in her memory.

John Furlong, VANOC CEO, wrote to the family last week to offer a spot in the relay, Ladner-Beaudry's husband, Michel Beaudry, wrote in Whistler's Pique Magazine.

Ladner-Beaudry

Furlong said he hoped the gesture would have some "special meaning," adding that he would never forget Wendy, according to the column.

Furlong came to know the 53-year-old mother of two through the B.C. Games and through her volunteer work with VANOC.

He said the committee put aside the spot in the Torch relay because Ladner-Beaudry was actively involved in sports. Ladner-Beaudry was found murdered on a jogging trail in Pacific Spirit Park on April 3. **METRO VANCOUVER**

JEFF HODSON/METRO VANCOUVER

Audrey Gallegos, left, and Lindsay Parker hand out condoms on Robson Street yesterday to raise awareness about safe sex.

Saying 'yes' to safer sex

Young people take to streets to raise money for HIV/AIDS awareness

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A small group of pyjama-clad young people handed out condoms on busy Robson Street yesterday to promote safe sex and to raise funds for HIV/AIDS awareness.

"We're making people aware that AIDS and HIV is still an issue," said Joanne Dolan, a spokeswoman for The Body Shop Canada outside their Robson Street location.

"There are ways to prevent it and one of those ways is practising safe sex."

The Yes, Yes, Yes to Safe Sex campaign, which kicked off in Vancouver yesterday, features in-store condom giveaways and posters.

Fundraiser

- Over the past two years, the campaign has raised $2 million around the world for HIV/AIDS awareness.

The store will also donate $5 from every sale of a new "tantalizing" lip butter and aims to raise $340,000 in Canada for youth HIV/AIDS education around the world.

To kick-start the promotion yesterday, a group of young people, dressed in red and cream pyjamas with "Yes" written on them passed out brochures and condoms.

"It's not just in Third World countries where the spread is greater, it's right here as well," Dolan added.

Cops nab suspect, search for victim

CRIME In a reversal of the usual investigative process, Vancouver police say they've caught a purse-snatching suspect and are appealing for his alleged victim to contact officers.

Const. Lindsey Houghton said the victim, a woman in her 60s, had been waiting for a bus near 49th Avenue and Victoria Drive on Sunday afternoon when a man ran by and grabbed her purse.

KRISTEN THOMPSON/ METRO VANCOUVER

News in brief

STREETS Cambie Street is expected to be fully open to traffic by the end of the month, news1130.com reports. InTransitBC said the project is three months ahead of schedule.

LAWS A controversial change to the B.C. Building Code has gone into effect, allowing the construction of wood-frame buildings up to six storeys in height. The old limit was four storeys, CBC News Online reports. Critics say the taller wood structures could be fire hazards.

POLITICS B.C. NDP Leader Carole James is launching her campaign tour at 6 p.m. today in Vancouver. James' kickoff rally will be held at the Italian Cultural Centre.

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What's online today.

Blogs Zac Efron's 17 Again gives Hollywood Rants déja vu all over again

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Video game crowns Boston Bruins Stanley Cup champs

According to a video-game simulation conducted in Burnaby, the Boston Bruins will win the Stanley Cup over the Chicago Blackhawks. The simulation, conducted by EA Sports using the NHL 09 video game, also predicted the Vancouver Canucks will defeat the St. Louis Blues in six games in their first-round matchup. METRO VANCOUVER

Options limited for gay club's relocation

City council's rejection of move to Denman Street a 'kiss of death' for the Odyssey: Co-owner

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The probable closure of the Odyssey would be a major loss for the city's gay community, one of the club's owners said yesterday, after council quashed plans to relocate the club.

"City council gave it the kiss of death," said co-owner Michael Levy, who is scheduled to meet with city staff this week to try to find another new location for the club.

"It's frustrating, and ultimately the biggest loser is the gay community."

The Odyssey is expected to move from its city-owned location by April 31 as the site is slated for social housing.

"Protection of minority rights has to lie with our elected officials. This is one of the last remaining bars that gay people go to and feel safe." Coun. Suzanne Anton

On Thursday, Vancouver city council denied the request to relocate the club to the 900 block of Denman Street.

Vision Coun. Kerry Jang said there was an "overwhelming" response from residents who were opposed to having the club in the neighbourhood.

NPA Coun. Suzanne Anton, the only councillor to vote for the new location, said the decision was not easy. She was concerned about what council's ruling represents.

"Protection of minority rights has to lie with our elected officials," Anton said. "This is one of the last remaining bars that gay people go to and feel safe."

Levy said options are limited because of safety concerns for gay clubs in Gastown and Granville Street.

With Denman Street off the table, he said, the club is effectively limited to three blocks on Davie Street, where real estate is scarce. WITH FILES FROM KRISTEN THOMPSON

Burger poll results on menu today

POLITICS New Westminster fast-food joint Burger Heaven is releasing its provincial election burger poll today.

The poll lets diners cast their votes by ordering a meal inspired by a provincial party in an effort to predict the outcome of the May 12 election, news1130.com reports.

The Liberal burger is made with lean (to the right) beef, the NDP burger is stacked with onions — instead of unions — and the Green burger comes with green tomatoes. METRO NEWS SERVICES

Bridge crash clogs rush-hour traffic

ACCIDENT A four-vehicle crash on the Port Mann Bridge caused kilometres-long traffic jams yesterday afternoon at the start of rush hour.

An SUV involved in the crash caught on fire and burned to the ground. The bridge was closed in both directions, causing the traffic backup.

No one was injured, according to the RCMP. MINÉ SALKIN/ METRO VANCOUVER

Homeless man's murder prompts calls for housing

KRISTEN THOMPSON
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SHELTER A disabled homeless man found murdered in an East Vancouver playground might still be alive if there were enough shelters nearby, say some politicians who live in the neighbourhood.

MP Don Davies, MLA Adrian Dix and city Coun. Kerry Jang were at Kingsway and Joyce Street yesterday near the school where Michael Nestoruk was found dead last week.

"I couldn't help but think all last night as I lay in bed, would (Nestoruk) be alive if we had a shelter or interim housing in this neighbourhood?" asked Jang.

"Crime and weather don't wait for the next budget cycle. Just because the weather turns nice doesn't mean we don't have to build housing. Living outside is not safe."

Dix said that staff at Sir Guy Carleton Elementary School — where Nestoruk was killed — have to come in early every morning to ask the homeless people who live in the schoolyard to leave.

"This isn't acceptable in our society," Dix said.

Davies said fighting crime, safety and homelessness require a "co-ordinated and comprehensive approach" by all three levels of government.

"I'm calling on Prime Minister (Stephen) Harper to put money into this neighbourhood, into this community to develop housing," he said.

KRISTEN THOMPSON/METRO VANCOUVER

MLA Adrian Dix, second from left, city Coun. Kerry Jang, centre, and MP Don Davies, right, at Kingsway and Joyce Street yesterday.

"Crime and weather don't wait for the next budget cycle. Just because the weather turns nice doesn't mean we don't have to build housing. Living outside is not safe." Coun. Kerry Jang

News in brief

WILDLIFE An eagle egg expected to hatch yesterday live on a web cam set up in Sidney, B.C., is late, a spokesperson for the Hancock Wildlife Foundation said. It's likely the egg will hatch today.

RALLY Only two people attended an anti-violence rally supporting Vancouver's gay community at city hall yesterday. On March 5, more than 1,000 people rallied in the Davie Village against homophobia.

MISSING Surrey RCMP are asking for the public's help in finding a missing 78-year-old man with severe Alzheimer's. Joe Thibert left his home near 144th Street and 104th Avenue late Sunday night. He is missing several teeth and two fingers on his right hand. METRO NEWS SERVICES

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Ground search for missing girl called off

Police in southwestern Ontario have ended a "thorough" ground search for an eight-year-old Woodstock, Ont., girl, but continue to investigate her disappearance as a missing-persons case. Victoria (Tori) Stafford was last seen leaving her school Wednesday afternoon. **CBC NEWS ONLINE**

Canada

Maple Leaf CEO takes responsibility

If Michael McCain had known last year what he knows today about the deadly listeria bacteria, 21 lives could have been saved, the president and CEO of Maple Leaf Foods said yesterday. "It's blindingly clear that Maple Leaf was responsible for the loss of 21 lives," McCain said. "I felt that personally." While Maple Leaf conducted its own internal listeria tests prior to the outbreak, McCain said the company wasn't rigorous enough about analyzing the results. TORSTAR NEWS SERVICE

Go Greek for optimal health, study says

A Mediterranean diet low in processed foods touted as beneficial for your heart

A little red wine is in. Red meat is unquestionably out. And the Mediterranean diet is simply golden.

That is the conclusion of a study out of McMaster University that purports to offer the most definitive word yet on the foods that are good for your heart.

The study, which examined almost 60 years of existing research on diet and heart disease, attempts to separate the whole wheat from the chaff on foods in a way that doctors and consumers can swallow with confidence, said Dr. Sonia Anand, the study's senior author. It appeared yesterday in the journal Archives of Internal Medicine.

"It's the best that we can do yet," Anand, a professor of medicine and epidemiology at the Hamilton, Ont., school, said of the study's findings linking food and health.

Researchers discredit pills

- There is "moderate" evidence that vitamins E and C in fruits or vegetables have some heart-protective properties, but almost none that proves they are beneficial in pill form.

While the study's list of foods that protect the heart contains few surprises — whole grains and vegetables are good, processed meats are bad — researchers found little evidence to support the claims of some highly touted diets and supplements.

"One area that we did not find overwhelmingly strong evidence for would be the Omega-3 fatty acids," said Anand. Those coming from fish seem to be heart protective, while those that come from plant sources like walnuts and flax have little in the research to support them.

Generally speaking, heart-friendly foods include vegetables, nuts, and those found in Mediterranean diets like whole-grain breads and monounsaturated fat products like avocados, feta cheese, and olive oil.

TORSTAR NEWS SERVICE

News in brief

RIGHTS Dozens of people plan to file human-rights complaints against the Alberta government tomorrow after funding was cut for gender reassignment surgeries last week to save $700,000. A civil suit is also in the works.

AFGHANISTAN Canadian relatives of a women's-rights advocate slain in southern Afghanistan over the weekend say they warned her of the dangers of working in the country, CBC News Online reports.

CRIME Edmonton has not seen a homicide in 52 days, a rarity for a city that plays host to murder every 10 days or so, leading crime experts to conclude that violent criminals are being washed out to other areas. METRO NEWS SERVICES

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RYAN TAPLIN/METRO CANADA

More than 50 people walked around Lake Banook, N.S., yesterday to raise awareness about the state of Canada's water supply as part of National Aboriginal Water Day of Action. Close to 100 First Nations communities are on water-boiling advisories, one advocate said.

Afghan vets suffering trauma: Documents

MILITARY More than one in every five Canadian soldiers and police officers deployed to Afghanistan leave the force with post-traumatic stress or other psychiatric problems, and that figure is rapidly rising, sources say.

By the end of last month, the number of soldiers and police officers discharged from the military and RCMP for psychological strains after tours in Afghanistan had reached 1,053, representing an increase of more than 50 per cent from 2008, a spokesperson for Veterans Affairs Canada said.

Help, or lack of it

- A December 2008 report by military ombudsman Mary McFaddyen found some soldiers are still not getting proper care.

Documents revealed that as of April 2008, 700 Canadian soldiers and Mounties who had served on the Afghan frontlines had qualified for medical release from the Canadian Forces or RCMP with a "pensionable psychiatric condition."

TORSTAR NEWS SERVICE

May writes of PM's 'cheating' at debate

POLITICS Elizabeth May felt like a schoolgirl when she glanced over at the man beside her and noticed he had broken the rules.

During the national televised debates in the 2008 election campaign, the Green party Leader remembers participants were told they would be given blank index cards for note-taking but forbidden from bringing their own background material.

"Looking over from my seat, I remember the shock of realizing he was cheating," May writes in her new book. "I felt like I was back in grade school. Do you 'tattle' on a cheater?"

TORSTAR NEWS SERVICE

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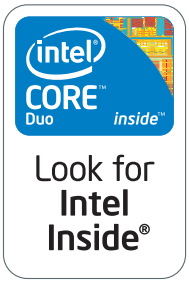

Man throwing bills from taxi arrested in Taiwan

Taiwan police have arrested a 55-year-old man for lobbing bank notes worth about 1 million Taiwan dollars ($36,000) from vehicles, causing disorder in the streets, a police officer said yesterday. The man tossed the bills from a taxi in a crowded part of Taichung city on Sunday as people stopped to pick up the cash. REUTERS

World

Galapagos wildlife at risk

An erupting volcano in the Galapagos Islands could threaten unique wildlife such as marine and terrestrial iguanas, say officials with the Galapagos National Park. Lava flowed into the sea and clouds of gas and smoke poured from La Cumbre volcano on Fernandina Island, which has no human inhabitants, after it erupted Saturday. REUTERS

Thai protests wind down

Demonstrators leave grounds after nearly 3-week rally

Anti-government protesters began streaming out of the grounds of Government House in Bangkok earlier today, ending a siege of the Thai prime minister's office that had lasted almost three weeks, a Reuters reporter said.

Earlier, a protest leader had said they were in talks with the military on how they could leave the area safely. It was surrounded by hundreds of troops after violent clashes in the capital yesterday.

Sovereign analysts had said that besides the damage to Thailand's crucial tourism industry, the main risk from Thailand's political protests was that foreign and domestic investment would suffer.

All was calm at Government House earlier this morning, in contrast to the violent scenes a day earlier at a major intersection in the capital, which the red-shirted demonstrators had barricaded and which troops cleared with repeated charges, firing shots. Prime Minister Abhisit Vejjajiva, who declared a state of emergency in Bangkok on Sunday, told Reuters it was a "do-or-die" moment for the rule of law and said he would not negotiate with the protesters' figurehead, exiled former prime minister Thaksin Shinawatra.

Hundreds of troops were rotated during the night at Government House. Around 6,000 demonstrators remained camped in the grounds of the prime minister's office.

Some of the demonstrators expected troops to move in during the night, felling trees and laying them across a main road between the troops and the centre of the protest in preparation. Disabled buses in the street were doused with gasoline.

A government minister and medical officers said two people had died, both in skirmishes between residents and protesters. The Emergency Medical Institute said that 113 people, including soldiers, had been injured in the clashes. REUTERS

CHAIWAT SUBPRASOM/REUTERS

A demonstrator holding a portrait of Thai King Bhumibol Adulyadej and others call for a stop to violence between government troops and supporters of ousted Thai prime minister Thaksin Shinawatra in Bangkok yesterday.

Somali rebels attack plane of U.S. lawmaker

PIRATES Somalia's militant Islamist rebel group al Shabaab said yesterday it fired mortars at a plane carrying a U.S. lawmaker, a day after U.S. snipers killed three Somali pirates and freed the American ship captain they had been holding hostage.

An al Shabaab spokesman said his group fired at the plane carrying Representative Donald Payne as he left the anarchic Horn of Africa country following a rare one-day visit by a U.S. official. Payne's plane took off safely.

The successful rescue of captain Richard Phillips, who had been held by pirates for five days in a drifting lifeboat after their attempt to hijack the U.S.-flagged container ship Maersk Alabama failed, was hailed in the United States as a "feel-good" story that temporarily lifted the country's spirits.

Three U.S. snipers each fired a single shot virtually simultaneously, each killing his target. A fourth pirate was captured alive.

"They killed our friends on the lifeboat and we thought helicopters would bomb us in Eyl last night," a pirate in Eyl, who called himself Farah, told Reuters.

"We were mourning for dead friends and then roaring planes came — grief upon grief. America has become our new enemy."

Al Shabaab, which condemns both piracy and anti-piracy patrols by international navies off Somalia, said the attack on Payne's plane was a message to the U.S. REUTERS

TV deal for navy

- A day after the violent rescue of a U.S. ship captain from Somali pirates, a cable television channel said it will air a reality show about the U.S. navy's mission to stop piracy off the coast of Africa. Producers and the navy have been in talks for three months about the show, which is titled Pirate Hunters: USN and is expected to air as a one-hour special in the fall on Spike TV.

North Korea says it plans to restart nuclear plant

PYONGYANG North Korea said this morning that it saw talks on ending its nuclear weapons program as "useless" and it planned to restart its plant that makes arms-grade plutonium, state media quoted its Foreign Ministry as saying.

Earlier yesterday, the UN Security Council unanimously condemned North Korea's rocket launch nearly two weeks ago as contravening a UN ban, and demanded enforcement of already-created financial sanctions and a trade and arms embargo against Pyongyang. REUTERS

News in brief

SOLDIER One Canadian soldier was killed and four others wounded when their armoured vehicle struck an improvised explosive device north of Kandahar city in Afghanistan, the Canadian military said earlier today. Trooper Karine Blais, 21, died at about 5 p.m. local time yesterday, said Brig.-Gen. Jonathan Vance. CBC NEWS ONLINE

SUDAN Sudanese authorities yesterday executed nine men found guilty in the 2006 murder of a Sudanese newspaper editor, state media said. The nine men are from Darfur, a region torn by conflict. The decapitated body of the editor, Mohamed Taha Mohamed Ahmed, was found in Khartoum in September 2006. REUTERS

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Comment & Views

Comment

Will Canada ever grow up?

NationalReport

Lawrence Martin

metronews.ca/nationalreport

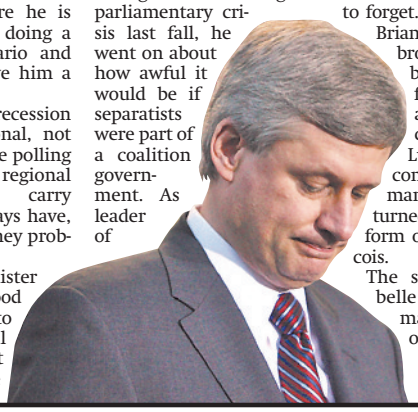
Poll on the recession just out. The West, where Stephen Harper is popular, thinks he is doing a terrific job of handling the economic crisis. Quebec, where he is not, thinks he's doing a terrible job. Ontario and the Maritimes give him a middling rating.

The PM's anti-recession policies are national, not regional. But as the polling results indicate, regional hyper-sensitivities carry the day. They always have, they still do and they probably always will.

The prime minister actually made a good effort at trying to mend the regional divide. In his first term in office he bent over backwards trying to please Quebec, his granting of nation status to the Quebecois being no small example.

That won him some respect. But last August his government introduced nationwide cultural spending cuts.

In the great scheme of things it was hardly big news. But Quebecers, forgetting the PM's positive gestures, took this as a terrible affront. They were also angered that during the parliamentary crisis last fall, he went on about how awful it would be if separatists were part of a coalition government. As leader of the country, you're not supposed to condemn separatists.



Stephen Harper

As a consequence, Mr. Harper's stock in the province has plummeted and the country has returned to its century-old divide.

The West in one corner, Quebec in another. For the Conservatives, it started way back with prime minister Robert Borden. He brought in conscription during the First World War.

It took Quebecers decades to forget. The Quebec-born Brian Mulroney brought the province back into the fold for a while but, try as he might, he could never satisfy Lucien Bouchard's constitutional demands. Quebecers turned on him in the form of the Bloc Quebecois.

The sensitivities in la belle province are matched by those on the prairies. Mr. Mulroney catered to the West, bestowing many a favour, such as the burying of the National Energy Program.

But he was not conservative enough on some economic questions and — Good Heavens! — he chose Montreal over Manitoba in the awarding of an aircraft maintenance contract.

That was enough to trigger a revolt in the form of the Reform Party.

The Liberals, of course, have never been able to catch a whiff of support in the West ever since the NEP. It's three decades later. Westerners won't forget.

It's the 21st century and the country's great cleavages are as wide as ever. No matter what a prime minister does, the biases run too deep to be unrooted.

Some wonder if we'll ever grow up. They have reason to do so.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Metro Online Poll Results

90% SAID Yes

Would you have booed Billy Bob Thornton's band?

Weigh in on today's question at metronews.ca

10% SAID No

Views

Reforming health care means reforming illusions

Keith Martin

The biggest hindrance to better health care is our own illusions.

Contrary to public opinion, Canada does not have the best health-care system in the world. We actually rank 26th, but have the fifth highest health-care expenditures. So, which countries fare better than us, and why?

The Canadian Medical Association recently found that 17 of the world's top 20 national health-care systems are European. These world leaders all have mixed systems that combine both public and private providers so everyone is covered. No one has huge medical bills and information technology is widely used.

Using central IT databases to input prescriptions has led to less drug abuse, greater oversight and increased transparency. Also, the efficient integration of public and private services has actually drawn on the strengths of both systems so that patients can access the care they need without expensive bills. Countries have even been able to expand coverage to include global prescription drug coverage. The introduction of healthy competition has spurred innovation, better care and cancelled out inefficiencies in the health system.

In Europe, patients are placed at the centre of the health-care system. Hospitals are motivated to attract patients and provide optimal care because they receive funding and resources for services rendered instead of block-funding. Money is then freed up for prevention, health promotion and other initiatives that reduce the demands on the system.

"Canada does not have the best health-care system in the world."

When Europeans hear that Canadians tolerate atrocious waiting lists of nine to 12 months or more for care, they are shocked. Unfortunately, the debate around health-care reform in Canada remains mired in the false assumption that changes to our current system would result in a U.S.-style system. Policymakers have chosen to look the other way rather than act and as a result Canadians are suffering a decline in access to care.

Canadians must fully grasp the following truths:

- An aging population and more expensive technologies are exhausting the supply of government money for health care. This structural shortfall will be exacerbated by the global economic downturn.
- The Canada Health Act, and its five principles (public administration, comprehensiveness, universality, portability and accessibility), is broken in every province, every day.

We actually have a mixed system, but it is not integrated in a way that supports our public system. As such, the status quo is contributing to the creeping privatization of our public system.

If we fail to modernize our health-care system and live with the illusion that we have the best system, more and more people, particularly those of modest means, will fail to receive the care they need. We can have the best health-care system in the world, but we must have courage and not fear change.

Dr. Keith Martin has been the Liberal MP for Esquimalt-Juan de Fuca on Vancouver Island for 16 years. He worked as a physician in emergency medicine and general practice from 1987-2006.

Letters

It's buy Canadian for a reason

Re: We need strategies not buy Canadian mantra (April 9).

In dismissing calls for "buy Canadian," Christine Williams presents globalization as not only an accomplished fact, but an unquestionably positive system.

But she fails to consider any of the actual reasons why people would want to buy Canadian-made goods. A national economic development program that ties domestic production to domestic consumption is more of a safeguard of jobs than gambling on the international economy, especially when Europe, the U.S. and Japan are all doing the same. When we buy from other countries, we take a risk with products produced where standards are not only lower, but are also not subject to any input from us.

JAMES EDE, TORONTO

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Starwood going ahead with Sheraton overhaul
Starwood Hotels & Resorts Worldwide said yesterday it was moving ahead with a $4-billion US overhaul of its Sheraton brand despite the economic slump. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Canwest shares are worthless: Analysts

Company faces $30.4M debt deadline today

Shares of Canwest Global Communications are essentially worthless and should be avoided by investors as Canada's biggest media company fights to restructure its massive debt amid an advertising downturn, analysts said yesterday.

Canwest has another debt deadline looming today, by which time it must pay $30.4 million US in interest to holders of its eight per cent senior subordinated notes. The payment was originally due Mar. 15, but the company missed it.

If it doesn't pay today, the investors can demand the repayment of about $761 million of outstanding principal on the notes.

"Given the significant liquidity challenges facing the company, we see no residual value in the shares of Canwest."
Tim Casey, BMO Capital Markets

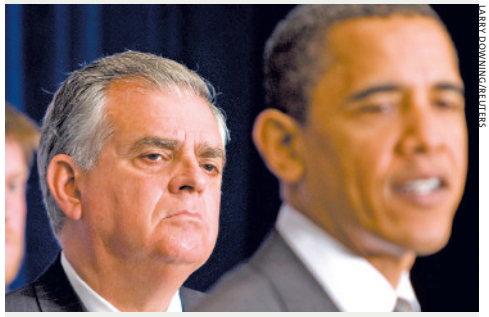
"Given the significant liquidity challenges facing the company, we see no residual value in the shares of Canwest," BMO Capital Markets analyst Tim Casey wrote in a note to clients.

While critical, the looming interest payment is only the tip of the iceberg for Canwest, which has a debt-load of about $3.7 billion Cdn, some of it dating back to its 2000 acquisition of newspaper assets from Hollinger International.

Analysts have said that Canwest could file for bankruptcy protection, but the company thus far has continued to negotiate with its creditors rather than involve the courts.

REUTERS

U.S. Projects under budget



JERRY PONNING/REUTERS

U.S. Secretary of Transportation Ray LaHood, left, listens to U.S. President Barack Obama speaking about the economy in Washington yesterday. Obama said yesterday that 2,000 major infrastructure projects being undertaken as part of his economic stimulus plan were ahead of schedule and under budget.

Business in brief

GM Shares of General Motors Corp. fell 16 per cent yesterday as traders shed positions out of fear the U.S. government will push the automaker into a bankruptcy that could wipe out existing equity.

REUTERS

Smartphones a priority for top carriers

WIRELESS The shift toward smartphones — wireless devices that combine voice calling, email, mobile web browsing and multimedia functions — could pick up speed as Canada's big wireless carriers seek to avoid an "abyss" created by falling prices for voice services.

A weak economy and the threat of increased competition is putting near-term pressure on carriers to move more subscribers onto smartphones in a bid to boost how much they spend on wireless services.

Smartphone subscribers generally require both a voice and data package to make full use of their devices' features.

TORSTAR NEWS SERVICE

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Being bold is beautiful

Take initiative in finding discounts on regular purchases

SmartCookies

metronews.ca/smartcookies

In the past week, one of the Smart Cookies negotiated her dentist bill (15 per cent off), while another negotiated her parking ticket from $60 down to $15. We're not afraid to ask.

Admittedly, however, there was a time when we thought trying to negotiate a better price might make us appear cheap, rude or worse — embarrassed if we were turned down.

Now is the time though to negotiate on just about everything. Here are a few simple strategies to make the most of your negotiating:

Be Realistic

Don't go in and ask to get something half price off up front. Let the retailer name their best offer and work from there.

Be nice

The old adage you catch more flies with honey applies to money as well. You get more savings with a smile.

One at a time

If you're looking to get a group discount, negotiate the price of one item down first. For example, if you were looking to get a group of dresses (for a wedding, say), first negotiate a single dress down and then explain you are interested in buying more and the price should drop even further.

Pick the best day of the week

Think about when you're happiest and it's probably towards the end of the week. That's also when retailers are likely at their happiest and most accommodating as well. Thursday and Friday are often the best days to negotiate on price.

On the flipside, make an appointment for a salon or service in the first half of the week (salon's slow days) and you may be able to negotiate a 10 to 20 per cent discount. Referring new customers could also earn you a price break.

Mom and Pop shops

Whenever you're buying from the owner, discounts are easier to get than in chain stores. Mom and Pop shops are also more likely to work a deal with you. They want to deter you from shopping at the big box stores and will have more flexibility to make a price change.

Cash is king

Vendors typically pay a processing fee when you use your card so they are more likely to cut you a deal using cash. Many times, it's possible to also negotiate the tax off if you are using cash.

Other free stuff

If you don't get a discount, see if they can throw in anything additional. Free delivery, extra perks, etc.

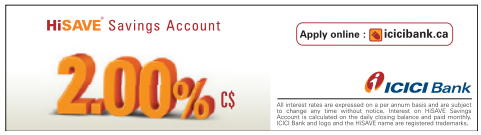
Email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small looks into the big U.S. banks and the current bull run. To read the column, visit metronews.ca/investing



Is it a hobby or business?

MoneyMatters

metronews.ca/moneymatters

Q I've worked in retail for more than 10 years but I enjoy designing women's fashion. This year, I spent more than $6,000 for materials, equipment and travel. I give my designs as gifts. I was advised by a colleague to register a business and claim the expenses on my tax return. Are these deductible?

— Talia

A With layoffs continuing at record numbers, many individuals find creative ways to earn income. The Canada Revenue Agency website describes factors that distinguish between a business and a hobby.

Expenses incurred for the purpose of earning business income can be deducted for tax purposes. Cost incurred for an individual's hobby are not.

Individuals involved in "hobby" activities such as artist, musicians, photographers, writers and the like should be diligent that their activities are commercial in nature. Here are some factors used in determining if expenses are deductible for tax purposes:

- Expenses incurred for earning income
- Reasonable expectation of profit
- Intention of individuals
- Time devoted to business enterprise
- Capital utilized

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca

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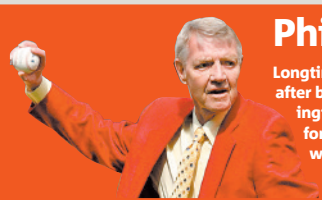
Former all-star pitcher dies

Former all-star pitcher Mark (the Bird) Fidrych died in an apparent accident yesterday at his farm in Massachusetts. He was 54. The colourful right-hander was the American League's rookie of the year for the Tigers in 1976. METRO NEWS SERVICES

Sports



Phillies broadcaster dies

Longtime Philadelphia Phillies broadcaster Harry Kalas died yesterday after being found passed out in the broadcast booth before a game in Washington against the Nationals. He was 73. Kalas had surgery earlier this year for an undisclosed ailment that the team characterized as minor. Kalas, whose signature home run call was "Outta here!" also did voice work for NFL Films and Chunky Soup commercials. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

SCOREBOARD

NHL

STANLEY CUP PLAYOFFS, FIRST ROUND

TOMORROW'S GAMES

N.Y. Rangers at Washington
Philadelphia at Pittsburgh
Carolina at New Jersey
St. Louis at Vancouver

THURSDAY'S GAMES

Montreal at Boston
Columbus at Detroit
Calgary at Chicago
Anaheim at San Jose

MLB

YESTERDAY'S RESULTS

Toronto 8 Minnesota 6
Baltimore 10 Texas 9
Chicago White Sox 10 Detroit 6
Kansas City 4 Cleveland 2
Tampa Bay 15 N.Y. Yankees 5
Chicago Cubs 4 Colorado 0
Cincinnati 7 Milwaukee 6
L.A. Dodgers 11 San Francisco 1
Philadelphia 9 Washington 8
Pittsburgh 7 Houston 0
San Diego 6 N.Y. Mets 5
St. Louis 2 Arizona 1
Oakland 8 Boston 2

For more sports coverage visit: **metronews.ca**

The first round: A quick look

NHL playoff teams were decided before the final weekend of the season, but the matchups weren't set until after the last regular season games were completed Sunday.

Western Conference

San Jose (No. 1, 53-18-11) vs. Anaheim (No. 8, 42-33-7)

The first playoff series between two NHL teams from California since 1969, San Jose was at the top of the league for most of the regular season and will be looking to shed its underachiever label from post-seasons past.

Detroit (No. 2, 51-21-10) vs. Columbus (No. 7, 41-31-10)

Detroit's quest for another Stanley Cup starts with a matchup against a division rival. Not only are the Blue Jackets appearing in the playoffs for the first time ever, they're doing so with a rookie goaltender.

Vancouver (No. 3, 45-27-10) vs. St. Louis (No. 6, 41-31-10)

The Canucks did well to reel in Calgary and capture the Northwest Division title. Now they'll want to put home ice to good use. Roberto Luongo's team faces the Cinderella story of the NHL after St. Louis climbed from last place at the all-star break to an unlikely playoff position.

Chicago (No. 4, 46-24-12) vs. Calgary (No. 5, 46-30-6)

Which Calgary Flames team will show up? Calgary has been among the more unpredictable teams this season, looking brilliant during some stretches and awful during others.

Eastern Conference

Boston (No. 1, 53-19-10) vs. Montreal (No. 8, 41-30-11)

The Original Six rivals meet in a playoff series for the second year in a row and for the 32nd time overall.

Washington (No. 2, 50-24-8) vs. N.Y. Rangers (No. 7, 43-30-9)

Alex Ovechkin takes Broadway. Sean Avery is sure to get plenty of attention as well.

New Jersey (No. 3, 51-27-4) vs. Carolina (No. 6, 45-30-7)

Some had the Devils pegged as Eastern Conference favourites until they limped to the finish.

Pittsburgh (No. 4, 45-28-9) vs. Philadelphia (No. 5, 44-27-11)

Sidney Crosby's Pens might be the NHL's hottest team. METRO NEWS SERVICES

Sports in brief

NHL The Colorado Avalanche fired general manager Francois Giguere yesterday, just one day after the team finished with the worst record in the Western Conference. "The results of this season are unacceptable," said Avalanche president Pierre Lacroix.

MLB Second baseman Orlando Hudson hit for the cycle yesterday as the Los Angeles Dodgers thumped the San Francisco Giants 11-1 in Los Angeles' home opener. Hudson completed the feat by tripling to the right-field corner in the sixth inning.

MLB Jermaine Dye and Paul Konerko both hit their 300th career home runs for the White Sox yesterday in Chicago's 10-6 win over Detroit. METRO NEWS SERVICES

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Metro

Whitecaps moving in right direction

JustSoccer

Ben Rycroft

metronews.ca/justsoccer

One city is still trying to find a way into the MLS. Another, already assured its spot, is promising to keep its nose to the grindstone until it is in. And still another is lost in the soccer wilderness — unsure of where it wants to go.

Ottawa city council threw cold water on Eugene Melnyk's plans to build a soccer-specific stadium last week, calling the business plan "below expectations" and sending him back to the drawing board.

For Melnyk, it's a massive blow. Despite not being included in the 2011 expansion, it was quietly being suggested that MLS commissioner Don Garber still favoured his bid, and if he could get a stadium deal done, Ottawa was a shoe-in for 2012 or 2013.

One city that is going somewhere is Vancouver.

Whitecaps president Bob Lenarduzzi told me they are raising the bar in their run-up to 2011.

"We want to repeat as champions in the USL-1 this year, win the Canadian Nutrilite Championship and make a deep run in the CONCACAF Champions League," he said.

Montreal, meanwhile, has watched as rumours persist that George Gillett has put the Montreal Canadiens up for sale — a sign his financial troubles extend beyond his ownership of Liverpool FC. Gillett had been a major backer of the failed Montreal Impact MLS bid and, as some have suggested, the one who insisted they low-ball the expansion fee, a move that earned them a quick exit.

With former USL-1 team Seattle now in the MLS, current USL-1 powerhouses Portland and Vancouver leaving soon, and Ottawa regrouping, Montreal is looking very much the odd man out. Impact owner Joey Saputo needs to suck up his pride and get back on track — or risk getting left behind in the wilderness of Canadian soccer.

Watch Ben Rycroft on the It's Called Football show every Sunday at metronews.ca; ben.rycroft@metronews.ca.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Sexual innuendo in the workplace

It'd be a pretty dull day at the office if no one ever cracked a dirty joke. But, some say, years of zero tolerance sexual harassment policies in the workplace have produced a frigid climate where everyone has to check their sexual beings at the reception desk (without making an inappropriate comment to the receptionist, of course).

Well, a new study has broken the ice… sort of.

Researchers at University of Toronto's Rotman School of Management and the University of British Columbia's Sauder School of Management discovered that some employees say they actually, gasp, enjoy the occasional sexually charged joke, discussions of sexual matters or flirtation around the office.

But before you go patting your co-worker on the butt, the study also found that the same workers who said they enjoyed some sexual banter in the workplace also withdrew from work, felt less valued and reported depressive symptoms more often than employees who experienced little to no sexual behaviour at the office.

In other words, a little sexual innuendo might be good for a laugh, but it's lousy for morale and productivity.

"In our culture, sexuality has connotations of domination, subordinance and vulnerability," said professor Jennifer Berdahl, co-author of the study.

"Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"

Considering how quickly most dinner party conversation eventually gets around to the topic of sex, it's unrealistic to think that people who spend eight to12 hours a day together aren't ever going to go there.

But you only have to watch an episode of Mad Men to see how bad things might still be if we hadn't put on the brakes. Sexual harassment laws did much to eliminate the day when it was okay to make "bosom" cracks in front of your female secretary.

"Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"
Jennifer Berdahl, professor

Sure, harassment laws can be applied overly zealously — using them to stop a man from putting a picture of his wife in a bikini on his desk, something that apparently happened somewhere in the U.S., for example.

But, as far as I'm concerned, as long as men and women are too daft to recognize behaviour that makes another person squirmy, we still need rules to keep the workplace from feeling like a singles' bar or, even a dinner party.

And no, I don't think that's funny.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Watch your mouth

Oral health reflects a person's overall health, say experts

CELIA MILNE
for Metro Canada

April is oral health month. Take heed and brush your teeth and tongue at least twice a day.

Caring for your teeth and gums is critical for overall health.

In fact, did you know that proper dental care might lower your risk of heart disease?

"You can't claim to be healthy if your mouth is not healthy," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Canadian Dental Association in Ottawa.

When we don't brush and floss properly, plaque builds up in our mouths. Our gums then become inflamed. "Wherever there is inflammation it does create wear and tear on the whole system," Soucy told Metro. "When plaque builds up over the years, it could increase your chance of heart disease and other negative health outcomes."

Research shows that people with gum disease have more of other diseases such as pancreatic cancer, cardiovascular disease and premature births. Signs that you may have gum disease are that your gums bleed easily, are sore to the touch and look as if they are receding.

The early stage of gum disease, called gingivitis, is very common, especially as we age. It affects about 53 per cent of adults and as many as 98 per cent of those over age 60, according to a paper prepared by the Canadian Task Force on Preventive Health Care. Advanced gum disease is much less common, occurring in approximately seven per cent of young adults and 34 per cent of the elderly.

A glimpse at the international medical literature shows the association between dental health and heart health.

Many medical studies around the world show that oral health tends to reflect heart health, though proof is still lacking that gum disease is a direct cause of cardiovascular disease.

The Canadian Dental Association recommends the following steps to good oral health:

- See your dentist regularly.
- Brush your teeth and tongue at least twice a day.
- Floss every day.
- Eat a well-balanced diet, avoiding excess sugar.
- Don't smoke.

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Jewison to be honoured

Cher, Faye Dunaway, Eva Marie Saint, Carl Reiner, Marilyn & Alan Bergman and famed cinematographer Haskell Wexler will join Canadian filmmaker Norman Jewison on stage for a special conversation about Jewison's legendary career in Los Angeles this Friday. METRO NEWS SERVICES

Entertainment

On the rebound

Chris Brown is reportedly on the rebound, just weeks after his relationship with Rihanna came to an end. The N.Y. Daily News reports the lady is a Virginia college student. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Metric takes a positive turn

BRYAN BORZYKOWSKI
for Metro Canada

Emily Haines might live in Toronto, but the jet-setting lead singer of Metric, has trouble writing music there. On Fantasies, the burgeoning indie rock band's fourth album, the songstress moved to Argentina for a couple of months to clear her head and pen her new album.

MASTERCAND RECORDS

Fantasies, the new album from Toronto indie rock act Metric, is now available in stores and online.

"Sometimes you have to remove self from your immediate environment to get perspective with what's going on," she says. "I was on the road so much that when it came to writing a Metric record, I didn't feel like making a disc called 'I've been on tour for the past five years.' I forced myself to experience something that is outside the realm of anyone who knew me."

Haines almost went to North Carolina first, but at the last minute she found an apartment in Buenos Aries with a piano. She brought her Pro Tools enabled laptop and she was ready to go.

Don't worry though, Fantasies isn't filled with South American sounds — if anything getting out of Dodge allowed Haines to challenge herself without the watchful eye of the Toronto music industry looking on. "Doing this gave me a chance to get away from everything and return to what I do best, which is write songs," she says. "As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."

The end result is another deeply intense and dark new wave, indie pop disc. Musically it's not a major departure from Live It Out or Old World Underground — though it's arguably better than both those discs — but lyrically, Haines sounds slightly more cheery than usual. While she won't say exactly why her lyrics take a more positive turn this time around, she does admit that the band was interested in fantasizing about the future and what happens when dreams come true.

"Anything you can imagine you can make real," she says. "That was really our preoccupation and how everyone I know is trying to navigate every day of their life. It's about their power of imagination over their environment."

For Metric's members, many of their dreams have become real. They've opened for The Rolling Stones at Madison Square Garden, they've played every important festival and they're one of the more respected indie acts around.

> **"As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."**
> Emily Haines

Yet, Haines claims she's never had a plan to be where she is today. "I follow an impulse to make things when I need to make them," she explains. "And I have no idea what is going to happen next."

Metric Live

- Metric plays the Telus World Ski & Snowboard Festival in Whistler on April 24.

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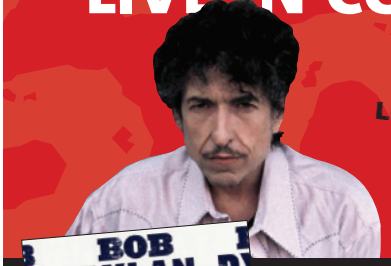
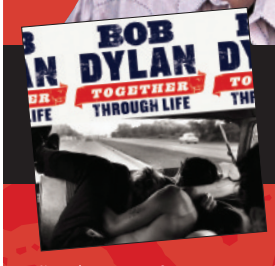


LONDON'S LEGENDARY THE ROUNDHOUSE APRIL 26TH, 2009



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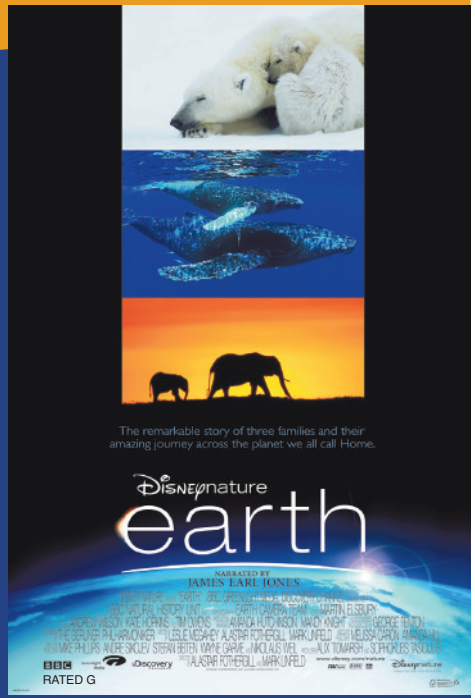
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DOGG AFTER DARK (6PM)
MUCHMOVIE: THE MATRIX (9PM)
MUCHMUSIC.COM/69ER

Sheen joins New Moon cast

British actor Michael Sheen is joining Robert Pattinson & Co. in New Moon, the sequel to the blockbuster film Twilight, according to the U.K.'s Daily Mail. **EONLINE.COM**

Evolution stops here

Dragonball
Evolution

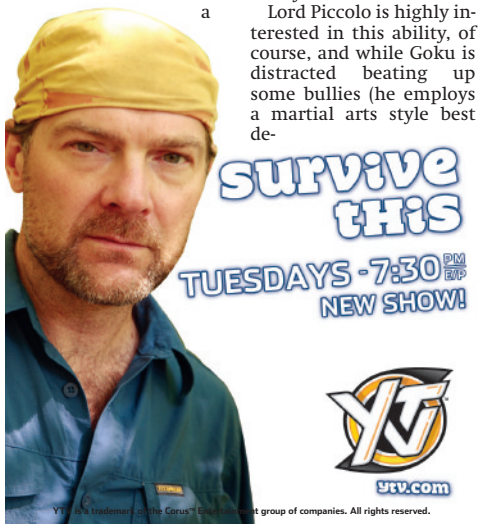
Director: James Wong
Stars: Justin Chatwin, Chow Yun-Fat
Classification: PG

Another Japanese manga bites the dust with its cinematic adaptation: In this case, the Dragonball Evolution series, which has spawned a hugely lucrative worldwide cottage industry that has lasted a quarter-century.

That success is likely to come to a screeching halt with this big-screen version, which will displease its fans and prove utterly baffling to the uninitiated.

The film opened Friday without press screenings, landing the No. 8 spot with estimated three-day sales of just $4.65 million. Overseas prospects are brighter, with sales to date of about $37 million.

A narration during the opening credits attempts to provide some background information about an ancient battle for Earth waged by the evil Lord Piccolo (James Marsters) — why they named the biggest badass in the universe after a tiny flute is a mystery. But the real story line has to do with Goku (Justin Chatwin), an 18-year-old who is given a mystical dragonball by his grandfather Gohan (Randall Duk Kim). Said dragonball, when matched up with the six others in existence, has the power to grant its holder any wish.



Lord Piccolo is highly interested in this ability, of course, and while Goku is distracted beating up some bullies (he employs a martial arts style best described as "extreme dodging") and wooing a comely fellow student (Jamie Chung), he drops a house on the old man.

Just before dying, Gohan instructs Goku to find Master Roshi (Chow Yun-Fat) to help him procure the remaining dragonballs before the coming solar eclipse — Zzzzzzzzz — sorry about that; where was I? Oh, yes. So Goku sets out on his adventure, joining forces before the inevitable final showdown not only with Master Roshi, who turns out to be a Hawaiian shirt-wearing letch, but also with the sexy Bulma (Emmy Rossum) and the thieving Yamcha (Joon Park).

Completely lacking in visual, narrative or stylistic coherence, the film also suffers from cheap-looking visual effects and poorly staged and edited action sequences that will not exactly please the fanboys.

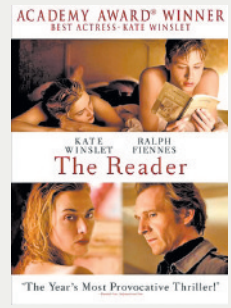
Not helping matters is the problematic casting. Rossum comes across about as tough as Hannah Montana; Chatwin is a decade too old for his role; Marsters, so compelling in Buffy the Vampire Slayer, is here vocally and visually unrecognizable; and Chow, though he seems to be enjoying himself, clearly is slumming.

REUTERS

DVD picks

The Reader

Director: Stephen Daldry



MANY OF THE elements are there for the awards-season attention The Reader received, with impeccable acting and faultless cinematography chief amongst its virtues.

Yet this Holocaust-themed story, which director Stephen Daldry and writer David Hare have adapted from the best-seller by German author Bernhard Schlink, loses depth and emotion in the transition to the screen.

Moments that resonate so strongly in print — the illicit sex and the pre-coital book readings — seem almost tawdry or trite. It's also uncomfortable watching what amounts to statutory rape, with an older woman seducing a young teenager.

Other scenes fail to make the full impact required of them, including the pivotal courtroom confrontations. Superlative acting mitigates the structural deficiences, particularly Kate Winslet's Oscar-winning performance as Hanna, a woman we first meet at age 35 in the Germany of 1958 as she seduces 15-year-old Michael (newcomer David Kross).

Michael learns almost nothing about Hanna during his summer dalliance, and doesn't see her again until a dozen years later, when she turns up in court charged with a horrific crime.

The film is bookended by an adult Michael (Ralph Fiennes) musing about his past and coming to grips with it.

Extras include deleted scenes and several featurettes, including one in which Winslet shows how much work and make-up it took to age her as Hanna.

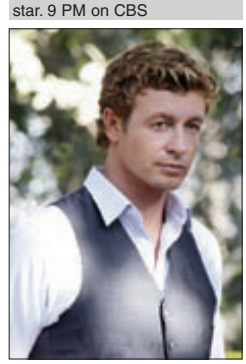
TORSTAR NEWS SERVICE

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 4/14/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Hockey Night in Canada		Rick Mercer	22 Minutes	CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	The Biggest Loser (N) (CC)				Dr. 90210 "Trans-Parent"		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol (CC)		(:01) Fringe "Unleashed" (N)		Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Nine Lives" (CC)		90210 "Okaeri, Donna!" (N)		Project Runway Canada		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Reaper "The Good Soil" (N)		Dancing With the Stars (CC)		(:01) Without a Trace (N)		News (N)
	253	359	13 CITY	Law & Order: SVU		According-Jim	According-Jim	Rita Rocks	Friends (CC)	Curb-Enthsm	Curb-Enthsm	The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Reaper "The Good Soil" (N)		90210 "Okaeri, Donna!" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Nine Lives" (CC)		The Mentalist "Red Rum"		(:01) Without a Trace (N)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Remedy Me	Keep Real	Style by Jury	Style by Jury	Miss Naked Beauty (N)		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	Dancing With the Stars (CC)		(:02) Cupid (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Poltergeist III ★ (1988, Horror) Tom Skerritt, Nancy Allen.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova "Doctors' Diaries" (N)		Frontline/World (N)		Independent Lens (N) (CC)		Global Focus
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		(:01) Fringe "Unleashed" (N)		News (N) (CC)		Family Guy
	-	364	45 PBS	Frontline/World (N)		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)	Nova "Doctors' Diaries"		
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	Reaper "The Good Soil" (N)		90210 "Okaeri, Donna!" (N)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	Seeking Refuge (CC)		CBC News: The National (N)		CBC News: The National		Seeking Refuge (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball		Sportsnet Connected (Live)		Best Damn Sports Show		Sportsnet Connected		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	UEFA Champions League Soccer: Quarter. -- Teams TBA				SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Mantracker Jesse and Nathan.		Bounty Hunter	Bounty Hunter	Departures
	410	403	54 SCR	Basketball	NBA Basketball Utah Jazz at Los Angeles Lakers. (Subject to Blackout) (Live)					Final Score	Final Score	Final Score
	417	406	55 SC	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
	416	409	144 GLF	Legends	Footballers	Gol TV News	Hallo Bundesliga			Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Adrenaline	Survive This	Malcolm-Mid.	Futurama	Family Biz (N)	Prank Patrol	Falcon Beach "Wake Jam"		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	New York: A Documentary Film "Cosmopolis (1914-1931)" (N)				Branded: Saving Our Town (N)		Unbreak. Mind
	575	583	20 CMT	Hope & Faith	Hope & Faith	Anne Murray: One on One		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Degrassi: TNG	Degrassi: TNG	The Shift		CollegeHmr	Video on Trial	MuchVibe		Spotlight
	600	564	25 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Design Inc.	HGTV's Top	Dirty Business	House
	615	520	31 A&E	Manhunters	Manhunters	Gangsta Girls (CC)		The First 48 "River's Edge"		The First 48 (CC)		Manhunters
	628	584	32 SPKE	Deadliest Warrior (N)		The Ultimate Fighter		CSI: NY (CC)		Spike's Most Amazing Videos		Disorderly
	521	560	34 TLC	Toddlers & Tiaras (N) (CC)		17 Kids-Count	17 Kids-Count	18 Kids-Count	18 Kids-Count	Toddlers & Tiaras (CC)		16 Children
	616	522	39 SHO	The Outer Limits (CC)		Mutant X "Blood Ties" (CC)		Testees (CC)	Trailer Park	Saving Grace "Live Ones" (N)		House (CC)
	620	523	40 BVO	Buffy St. Marie		Law & Order "Payback"		Without a Trace "Res Ipsa"		Wit ★★★ (2001) Emma Thompson. (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	Combat School "Trial by Fire"		Daily Planet (CC)		Destroyed	Time Warp	Combat School "Trial by Fire"		How It's Made
	522	506	44 HIS	NCIS "Family" (CC)		Sandhogs (CC)		Crime Stories (CC)		NCIS "Family" (CC)		Sea Hunters
	627	528	45 SPC	Super Heroes		Stargate SG-1 "48 Hours"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	57 TBS	The Office	My Boys (N)	The Office	Funniest Office Commercials		Sex and-City	Sex and-City	Minority Report ★★★ (2002)	
	619	525	48 TROP	Vanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Lewis Black	Flt.-Conchords	Daily Show
	320	621	60 CEN	The Clique (2008) Elizabeth McLaughlin.			Made of Honor ★★ (2008) Patrick Dempsey.			(:15) Mr. Brooks ★★ (2007) Kevin Costner.		
	581	566	101 MTV	From G's to Gents (N)		MTV Live	After	Real World-Road Rules		From G's to Gents		MTV Live
	261	394	102 V	I Prophesy	Supernatural	Poltergeist: The Legacy		The Big Heat ★★ (1953) Glenn Ford, Gloria Grahame.				Paid Program
	-	-	106 MUL	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Mentalist

Patrick Jane (Simon Baker) sets a "mentalist trap" to catch a killer after a high-school football star is murdered and a self-styled witch says she put a death spell on him for killing her cat. Colby Paul, Azura Skye and Michael McGrady guest star in "Red Rum"; Robin Tunney, Tim Kang, Owain Yeoman and Amanda Righetti also star. 9 PM on CBS



Hockey Night in Canada: Stanley Cup Countdown

Time for casual hockey fans — assuming such people exist in Canada — to start paying attention, as Stanley Cup time is upon us. In this special, Ron MacLean gathers his Hockey Night in Canada colleagues together to lay the groundwork for the postseason by breaking down the eight playoff series and examining the 16 teams that will be taking part. 8 PM on CBC

Mel Gibson's wife files for divorce

CELEBRITY The wife of actor Mel Gibson filed for divorce yesterday after 28 years of marriage, citing irreconcilable differences. In divorce papers filed in Los Angeles Superior Court yesterday, Robyn Gibson asked for her 1980 marriage to the Lethal Weapon actor to be ended. The couple, who have seven children, asked for privacy in a joint statement.

Spector found guilty of murder

VERDICT Legendary music producer Phil Spector was found guilty yesterday of second degree murder in the death of actress Lana Clarkson. A Los Angeles jury returned the verdict against Spector, 69, after a five-month retrial.

REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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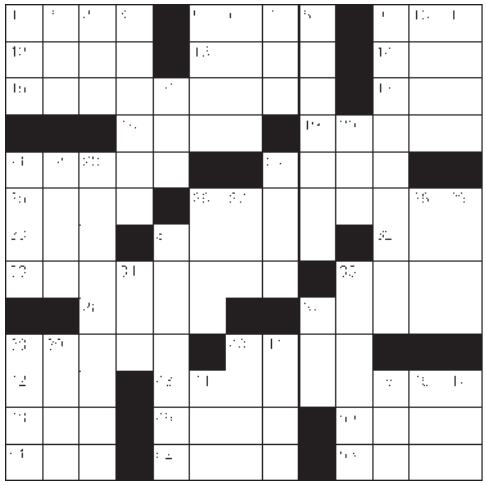
Take Five



Crossword across

1 Cry like a banshee
5 "Say again?"
9 Crafty
12 Europe's neighbour
13 German car name
14 Tiny veggie
15 Peter Parker's alter ego
17 Cartesian conclusion
18 Hostels
19 Droves
21 Founded (on)
24 Unaccompanied
25 Swiss peaks
26 Directly
30 Floral neckwear
31 Actor Alan
32 NASA deviation
33 Last page?
35 Small combo
36 Nestling hawk
37 Dashboard features
38 Folkways
40 Painter Mondrian
42 Actress Gardner
43 1984 mockumentary subject
48 Buddy
49 Sea flock
50 Therefore
51 Wapiti
52 Method (Abbr.)
53 Turned blue?

Crossword down

1 Existed
2 Cleopatra's slayer
3 Midafternoon hour
4 Restroom designation
5 Caution
6 Runs smoothly
7 Oklahoma city
8 Small-timer
9 Freshwater algae
10 Begin
11 Sweet potatoes
16 Conclude
20 Yale student
21 Hairless
22 Sheltered
23 It takes thyme
24 Use a teaspoon
26 Spheres
27 Guitar's kin
28 Greet
29 Pairs
31 Accumulates
34 CBS logo
35 Named
37 Narcs' org.
38 Jerry Herman musical
39 Ellipse
40 Needles' mates
41 "Meet Me — Louis"
44 Use a crowbar
45 Take a shot at
46 Time of your life?
47 Home for 14-Across

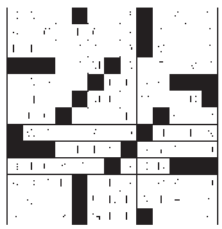
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		3		1				2
			2			1		
		5			6		4	
		9					8	
		2	1		7	4		
	6					7		
	1		7			6		
		7			8			
2				4		9		3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	9	4	6	1	3	5	8	2
6	3	8	9	2	5	1	4	7
1	2	5	4	8	7	9	3	6
2	8	7	5	3	9	6	1	4
5	6	9	7	4	1	8	2	3
3	4	1	2	6	8	7	5	9
8	5	6	3	9	2	4	7	1
4	7	3	1	5	6	2	9	8
9	1	2	8	7	4	3	6	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Diner-style Hash Browns

INGREDIENTS:
1 1/2 lbs (750 g) all-purpose potatoes, peeled
3 slices turkey bacon, chopped
1 medium onion, chopped
1 medium green bell pepper, seeded and chopped
1/2 tsp (2 ml) paprika
1/2 tsp (2 ml) salt
1/4 tsp (1 ml) freshly ground black pepper
2 tbsp (25 ml) margarine

METHOD:
1. Coarsely grate potatoes into large bowl of ice water. Let stand 10 minutes.
2. Meanwhile, cook bacon in large non-stick frying pan over medium-high heat until crisp, 5 minutes. Transfer to paper towels to drain, leaving drippings in pan.
3. Sauté onion and green pepper in pan until soft, 5 minutes. Transfer with slotted spoon to paper towel.
4. Drain potatoes, squeezing out water. Transfer to dish towel and pat dry. Combine potatoes, bacon, onion, green pepper, paprika, salt and black pepper in large bowl.
5. Add margarine to drippings and melt over medium heat. Spread potato mixture evenly in frying pan and cook, without stirring, until golden brown and crispy on bottom, 15 minutes. Place large plate over pan and invert. Slide potatoes back into frying pan. Cook until golden brown and crispy on second side, 10 minutes.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Reader's Digest
It's a Wonderful World

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Outsiders will cringe due to your ferocity. Discomfort brings a great deal to an end. An adored person rides off into the sunset.

TAURUS ♉
APRIL 21-MAY 21
Disregarded desire causes too much disharmony. You can't do something over again. A lover will find a way to build you up.

GEMINI ♊
MAY 22-JUNE 21
Don't pass judgment on anybody. There's a fortuitous meeting with an ally. A brilliant performance gets noticed.

CANCER ♋
JUNE 22-JULY 22
A chatty buddy makes points with humour. A kind person takes note of your feelings. Start fresh when making decisions.

LEO ♌
JULY 23-AUG 23
Make a shocking request this afternoon. A forceful woman's skills come in handy. Get paperwork done before taking a drastic step.

VIRGO ♍
AUG 24-SEPT 22
Love life gripes force you to make a decision. Resist the desire to make impressive remarks. Don't ignore a favourite person's demands for loyalty.

LIBRA ♎
SEPT 23-OCT 23
An intimate friend has a sordid tale to tell. There's no help for an innate personality defect. Take responsibility for teaching a lesson.

SCORPIO ♏
OCT 24-NOV 22
Get professional advice about computer problems. A bungler will slow down progress. Watch out for toxic companions.

SAGITTARIUS ♐
NOV 23-DEC 21
Have facts and figures ready for a younger person. A disgruntled associate puts the ball in your court. Transit problems cause quarrels.

CAPRICORN ♑
DEC 22-JAN 20
Scintillating memories will come to mind. A winning plan has everyone cheering. Don't get exasperated by a change of fortune.

AQUARIUS ♒
JAN 21-FEB 18
Ask about a hidden need for security. Don't be wounded by a shocking experience. Triple check your thoughts before replying.

PISCES ♓
FEB 19-MARCH 20
Problems with a friend lead to emotional turmoil. People will visit and remove your fear of the future. Expect confusion and odd behaviour.

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Family rift not so bad

Tori Spelling insists that the supposed rift between her and her mother, Candy Spelling, isn't nearly as bad as it's been made out to be. "It's not like we're not talking, we just haven't talked," the actress tells People. METRO NEWS SERVICES

Celebrity Buzz

yes!

Brangie to adopt again?

KIDS After striking out in India and Burma, Brad Pitt and Angelina Jolie are reportedly looking to the Philippines to adopt their next child.

"Brad and Angie flew out together," a source tells the Daily Mail. "They want to add to their family and tried to adopt from Burma, but the authorities are very strict, so they decided to look at the Philippines."

However, Manila International Airport Authority general manager Alfonso Cusi says there is no sign the couple has been in the country at all in the last week.

"I have checked with all our offices co-ordinating VIP arrivals as well as with the Bureau of Immigration. Sorry to disappoint the fans, but they did not come to the Philippines," Cusi told the Filipino newspaper the Inquirer.

METRO WORLD NEWS

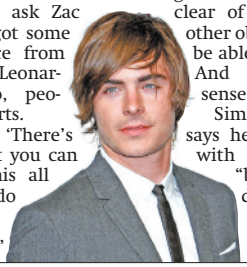
Zac takes Leo's advice

PEOPLE How does a young celebrity avoid the pitfalls of Hollywood? Just ask Zac Efron, who got some simple advice from fellow actor Leonardo DiCaprio, people.com reports.

"He said, 'There's one way that you can really f— this all up. Just do heroin,'" Efron, 21, tells GQ, recalling a chat with DiCaprio, 34, at a Lakers game. "'If you steer clear of that — the other obstacles you'll be able to navigate.' And that makes sense, dude."

Similarly, Efron says he only drinks with friends and "behind closed doors."

METRO NEWS SERVICES



da!

Gay marriage bans like 'apartheid,' Charlize argues

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OPINION Charlize Theron says the current marriage laws are a "form of apartheid," femalefirst.co.uk reports.

The South African-born actress — who has previously stated she will not marry her long-term partner Stuart Townsend until same-sex marriage is legal in the U.S. — can't understand why America refuses to give gay people the same rights as their heterosexual counterparts.

She said: "I don't like living in an elitist world, it bothers me. I don't want to be part of an elitist sexual preference.

"It bothers me, maybe it's because I come from a country where I lived under apartheid but this is a form of apartheid and I don't want to be a part of that.

"It's not the reason I'm not getting married but it's maybe a part of it."

Charlize, 33, praised the movie Milk for helping keep the issue in the public consciousness.

She said: "I just loved the film, I absolutely loved the film.

"I loved the way it was embraced and the speeches and this conversation that we're constantly having about this issue, I don't want that to go away, I want us to keep having it."

METRO NEWS SERVICES

Elisabeth overcomes diet issues

HEALTH A gluten-free diet won't stop Elisabeth Hasselbeck from learning the family recipes, people.com reports.

"My grandmother was giving me her meatball-and-sauce recipe," The View co-host, 31, tells Everyday with Rachael Ray. "When she got to the part about adding breadcrumbs, she looked up at me and said, 'Elisabeth, you can add whatever you want here.' I thought, if my Italian grandmother can understand being G-free, anyone can."

Hasselbeck, who was diagnosed with celiac disease seven years ago, has written her own book, The G Free Diet, a guide for those who want to live gluten-free.

METRO NEWS SERVICES

Blake fathers illegitimate kid?

RUMOUR Looks like Amy Winehouse reconciling with her estranged husband, Blake Fielder-Civil, just got less likely.

Mother of two Gilleen Morris tells News of the World that she's having another baby — and it's Fielder-Civil's.

The woman says she had a brief affair with Fielder-Civil while in a rehab facility in February, and she's now six months pregnant.

"Blake seduced me and we had a secret fling," Morris tells the newspaper, adding that while he was shocked when he heard about her pregnancy, "He vowed to stand by me and raise the child."

METRO WORLD NEWS

GETTY IMAGES

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Robbie writes off Take That return

Robbie Williams will not be returning to Take That, former bandmate Gary Barlow says. Williams said last month a reunion was "looking more likely by the week," but Barlow said "Robbie won't be joining," ananova.com reports. METRO NEWS SERVICES

Celebrity Buzz

Young Miley defends memoir as life lesson

PEOPLE Hannah Montana star Miley Cyrus has defended her memoir against critics insisting she's too young to publish her life story at age 16, female-first.co.uk reports.

Cyrus speaks out about growing up in the spotlight, being tormented by bullies and her breakup with Jonas Brothers singer Nick Jonas in her new autobiography Miles to Go.

And though the teenager admits she still has many lessons to learn, she is convinced sharing her many experiences will be eye-opening for her young fans.

She tells Glamour magazine, "People are like, 'You're 16, why would you write your life story?' But in the business I'm in, I have lived a life that some people who are in their 60s haven't lived. I've gone through a lot and seen a lot. But I still have a lot to learn."

METRO NEWS SERVICES

Madonna still wants Mercy

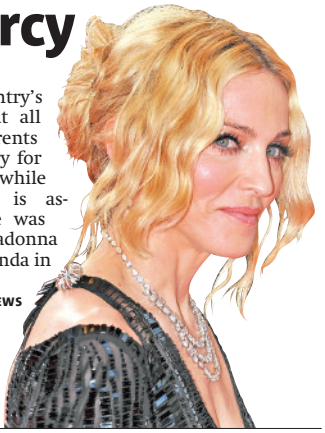
LEGAL Madonna is making it very clear that she still wants to adopt three-year-old Mercy James from Malawi, even though her initial application to take custody of the girl was rejected.

"I want to provide Mercy with a home, a loving family environment and the best education and health care possible," Madonna said in an email to Malawian newspaper The Nation.

And in a statement to CNN, the singer said: "Though I have been advised that I cannot publicly discuss the pending appeal regarding my desire to adopt Mercy, I do want to say how much I appreciate the level of support that I have received from the people of Malawi and my friends around the world."

Madonna travelled to Malawi last month to adopt Mercy, but her application foundered when a judge said Madonna did not meet the country's requirements that all prospective parents live in the country for 18 to 24 months while their suitability is assessed. That rule was bent when Madonna adopted David Banda in 2006.

METRO WORLD NEWS



Get help, Sam begs Lindsay

BREAKUP While their very public breakup is more than a week old, friends say Lindsay Lohan and Samantha Ronson are still talking to each other — and Ronson is still concerned about Lohan's well-being.

"Sam has begged Lindsay to get help," a source tells People magazine. "Lindsay barely sleeps, which explains a lot of her behaviour. She's exhausted. She can't even sit down for a minute without pacing around the room. It's really sad."

METRO NEWS SERVICES

Simon's career time crunch

PEOPLE Apparently even Simon Cowell is mortal, tvguide.com reports.

The man who brings a certain something to American Idol, its across-the-pond predecessor, X Factor, and Britain's Got Talent, is beginning to question whether he can keep the candle burning at all three ends. And that's not even factoring in his work as a music producer.

"I don't want to come over as whiney, because I am very grateful that I have got these jobs," Cowell tells the U.K.'s Daily Mirror.

"But there is a point where I am not sure we can keep this schedule up. I am not sure we can sustain me doing three shows a year, (along) with the record label and the TV production company."

METRO WORLD NEWS

Fat loss caused changes?

PEOPLE The Hills star Audrina Patridge has dismissed reports she has undergone plastic surgery to achieve slimmer facial features, insisting she's "just losing baby fat," female-first.co.uk reports.

The 23-year-old is preparing to launch her own reality show, which will follow Patridge in her personal and professional life. But the brunette has laughed off claims she's had various medical procedures done to enhance her looks as she pitches the show to TV networks.

She tells the show Extra, "People think I've got my nose done, my chin done. I just laugh at it. I'm just losing my baby fat — everyone grows up and changes."

METRO NEWS SERVICES

Drew's pet bond

PEOPLE Drew Barrymore lets her dog customize her jeans, female-first.co.uk reports.

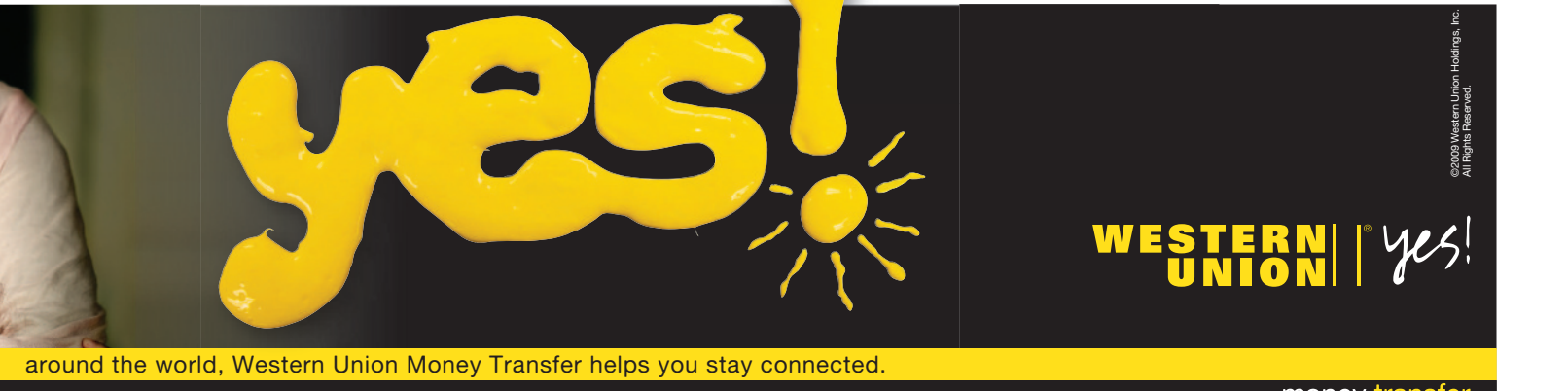
The actress encourages her yellow Labrador-Chow mix pet Flossie to rip up her new pairs of denim trousers to give them a fashionably distressed appearance.

A source said: "She lets Flossie chew on them and rip them up a bit and then she throws them in the washing machine. She thinks the look perfect! Not too calculated."

Barrymore regularly speaks about her beloved pet pooch and the special bond the pair share. She once said: "Flossie is like my little daughter. I can't wait to have kids."

Barrymore was saved by Flossie when a fire struck her $3-million US mansion in 2001.

METRO NEWS SERVICES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